Overview of the new meal pattern certification Process

MT School Nutrition Programs

opi.mt.gov

Montana
Office of Public Instruction
Denise Juneau, State Superintendent

AGENDA

- Overview of the new meal patterns.
- What is the certification process?
- More training opportunities.

Why are Meal Patterns Changing?

- **Current meal pattern:** based on 1995 Dietary Guidelines for Americans.

- **New meal pattern:** in line with 2010 Dietary Guidelines for Americans.

Implementation Timeline

- NSLP: new meal patterns go into effect SY 2012-13
- SBP: new meal patterns go into effect SY 2013-14

New Meal Pattern

Menu Planning

- Food Based Menu Planning

  Several tools have been updated to help with the menu planning process:

  Food Buying Guide:
  http://teamnutrition.usda.gov/Resources/foodbuyingguide.html
  Food Buying Guide Calculator: http://fbg.nfsmi.org/

Age Grouping

- All schools will have to use these standard grade groupings:
  - K-5
  - 6-8
  - 9-12

The New Lunch Meal Pattern

Component	Amount of Food Per Week (Daily Minimum)		
	Grades K-5	**Grades 6-8**	**Grades 9-12**
Fruits (cups)	**2.5(0.5)**	**2.5 (0.5)**	**5 (1)**
Vegetables (cups)	**3.75 (0.75)**	**3.75 (0.75)**	**5 (1)**
Dark green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional Vegetable to Reach Total	1	1	1.5
Grains (oz eq)* - half must be whole grain rich	**8-9 (1)**	**8-10 (1)**	**10-12 (2)**
Meats/Meat Alternates (oz eq)*	**8-10 (1)**	**9-10 (1)**	**10-12 (2)**
Fluid milk (cups) *fat free flavored or unflavored and 1% unflavored*	**5 (1)**	**5 (1)**	**5 (1)**
*** Grain and Meat/meat Alternate now have minimums AND maximums**			

MEAT/MEAT ALTERNATE

Lunch
K-5: Daily: 1oz Weekly: 8-10oz **6-8:** Daily: 1oz Weekly: 9-10oz **9-12:** Daily: 2oz Weekly: 10-12oz

MILK

Lunch
All grade groups: Daily: 8 oz (1 cup) Weekly: 5 cups Offer a variety of milk fat contents (1% and skim). Flavored milk must be skim.

FRUIT

Lunch
Daily: ½ cup (K-5, 6-8) 1 cup (9-12) **Weekly:** 2 ½ cups (K-5, 6-8) 5 cups (9-12) Students are allowed to select ½ cup fruit or vegetable or combination of the two under OvS

VEGETABLE

Lunch
Daily: ¾ cup (K-5, 6-8) 1 cup (9-12) **Weekly:** 3 ¾ cups (K-5, 6-8) 5 cups (9-12) **Subgroups (weekly):** ½ c Dark Greens ¾ c Red/Orange ½ c Beans/Peas ½ c Starchy ½ - ¾ c Other

GRAIN

Lunch
K-5: 1oz eq. min. daily (8-9oz weekly) **6-8:** 1oz eq. min daily (8-10oz weekly) **9-12:** 2oz eq. min. daily (10-12oz weekly)

At least half on the grains must be whole grain-rich beginning July 1, 2012.
Beginning July 1, 2014, all grains must be whole grain-rich.

Other Specifications: Lunch

2012-2013 NSLP Standards	K-5	6-8	9-12
Sodium (1st Target)*	≤1230mg	≤1360mg	≤1420mg
Calories	550-650	600-700	750-850
Saturated Fat (<10% of total calories)	55-65 calories	60-70 calories	75-85 calories
Trans Fat	0g	0g	0g

*1st sodium target does not take effect until SY 2013-14

DAILY: YOU MUST **OFFER…**

Component	Daily Minimum of Food to Offer		
	Grades K-5	**Grades 6-8**	**Grades 9-12**
Fruits (cups)	½ cup	½ cup	1 cup
Vegetables (cups)	¾ cup	¾ cup	1 cup
Grains (oz eq)* - half must be whole grain rich	1 oz	1 oz	2 oz
Meats/Meat Alternates (oz eq)*	1 oz	1 oz	2oz
Fluid milk (cups) *fat free flavored or unflavored and 1% unflavored*	1 cup	1 cup	1 cup

These minimums must be *offered* on the serving line each day.

CERTIFICATION PROCESS

What is the Certification Process?

The Healthy, Hunger-Free Kids Act (HHFKA) makes an additional 6-cent reimbursement available for meals meeting the updated meal pattern requirements on October 1, 2012.

***In order for SFAs to be eligible to receive this new performance-based reimbursement, the OPI School Nutrition Programs must certify that the School Food Authority (SFA) is in compliance with the requirements of new meal pattern.**

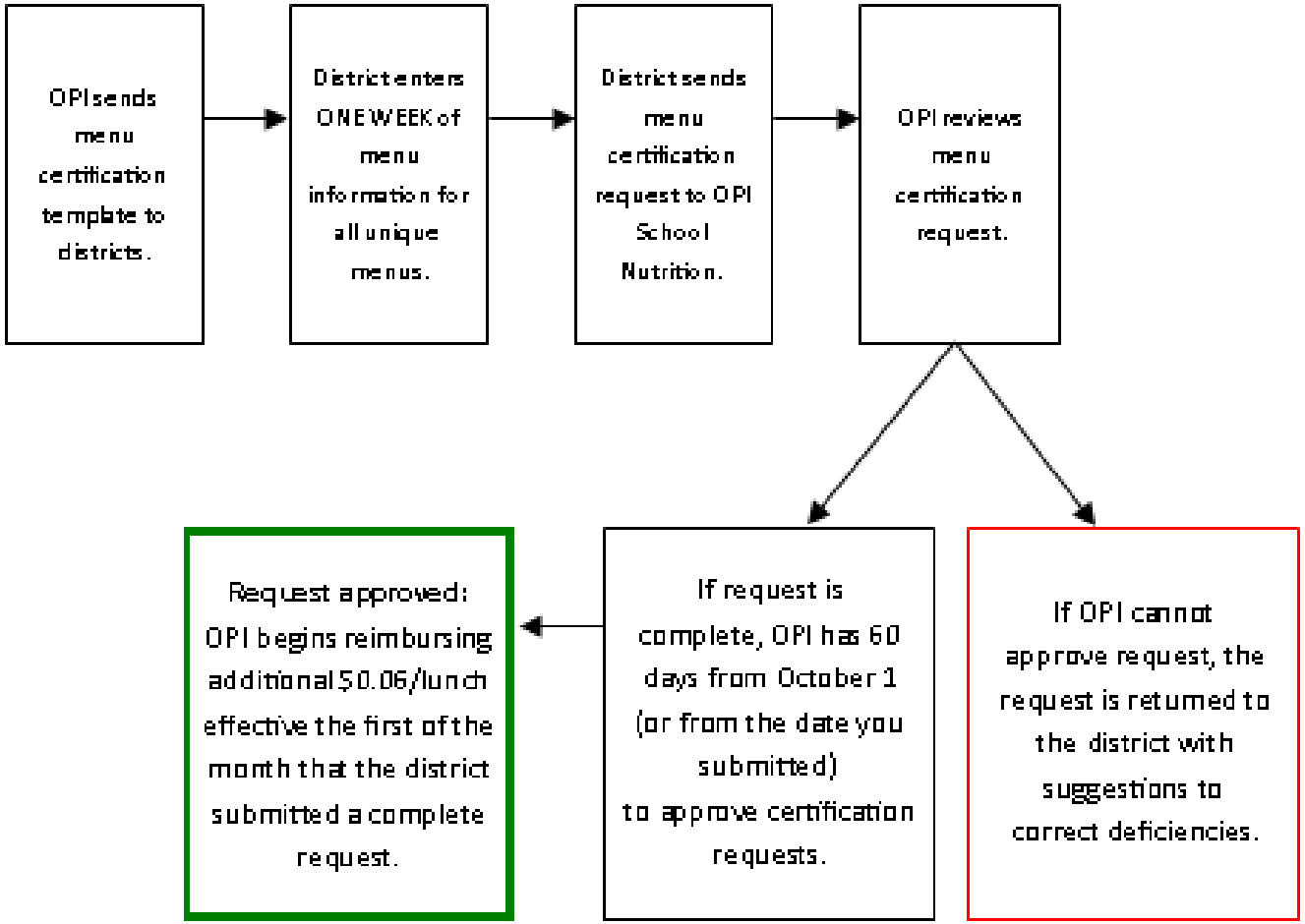
Who Needs to Complete the Certification Process?

The new meal pattern requirements effective July 1, 2012 are **not optional**.

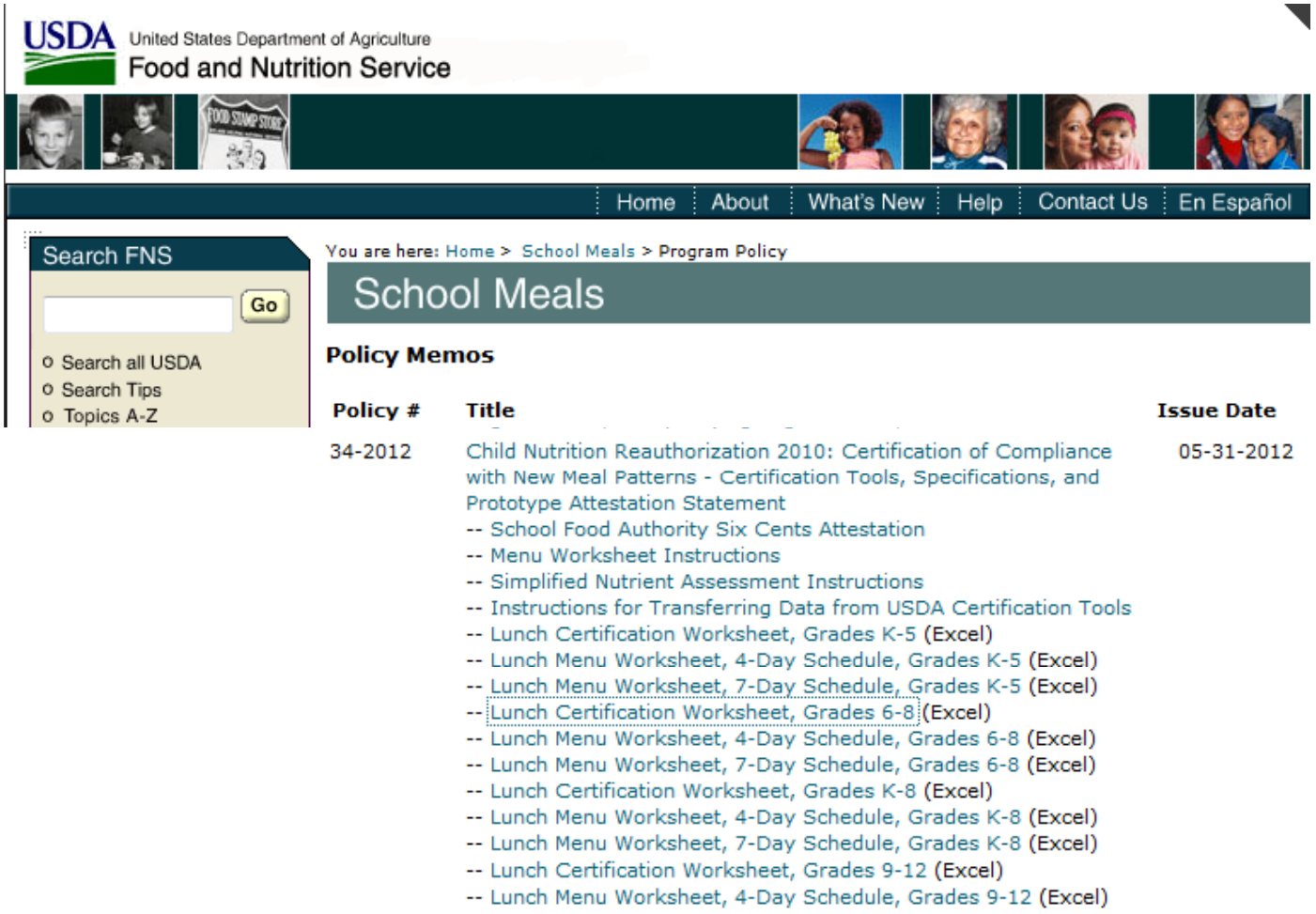
All SFAs are required to meet the new meal patterns and be certified for the 6-cent reimbursement before June 30, 2013.

The 6-cent reimbursement is meant to encourage SFAs to implement the updated requirements as quickly as possible.

TIMELINE FOR .06 CENT CERTIFICATION



USDA Certification Tool Website



http://www.fns.usda.gov/cnd/Governance/policy.htm

MATERIALS TO SUBMIT TO OPI – LUNCH

- One week of lunch menus entered into the certification tool for each age group
  - Examples:
    - If you have three K-5 schools that all serve the **same** menu you will only submit one tool for the K-5 age group.
    - If you have three K-5 schools that all serve a **different** menus you need to submit three different certification tools for the K-5 age group.

MATERIALS TO SUBMIT TO OPI - BREAKFAST

Food Based Menu Planning

- One week of menus entered into the certification tool for K-12 breakfast
  - Example:
    - You have three schools Elementary, Middle, and High School. They all serve the same breakfast. You will submit one certification tool worksheet for breakfast.
  - No nutrient assessment required

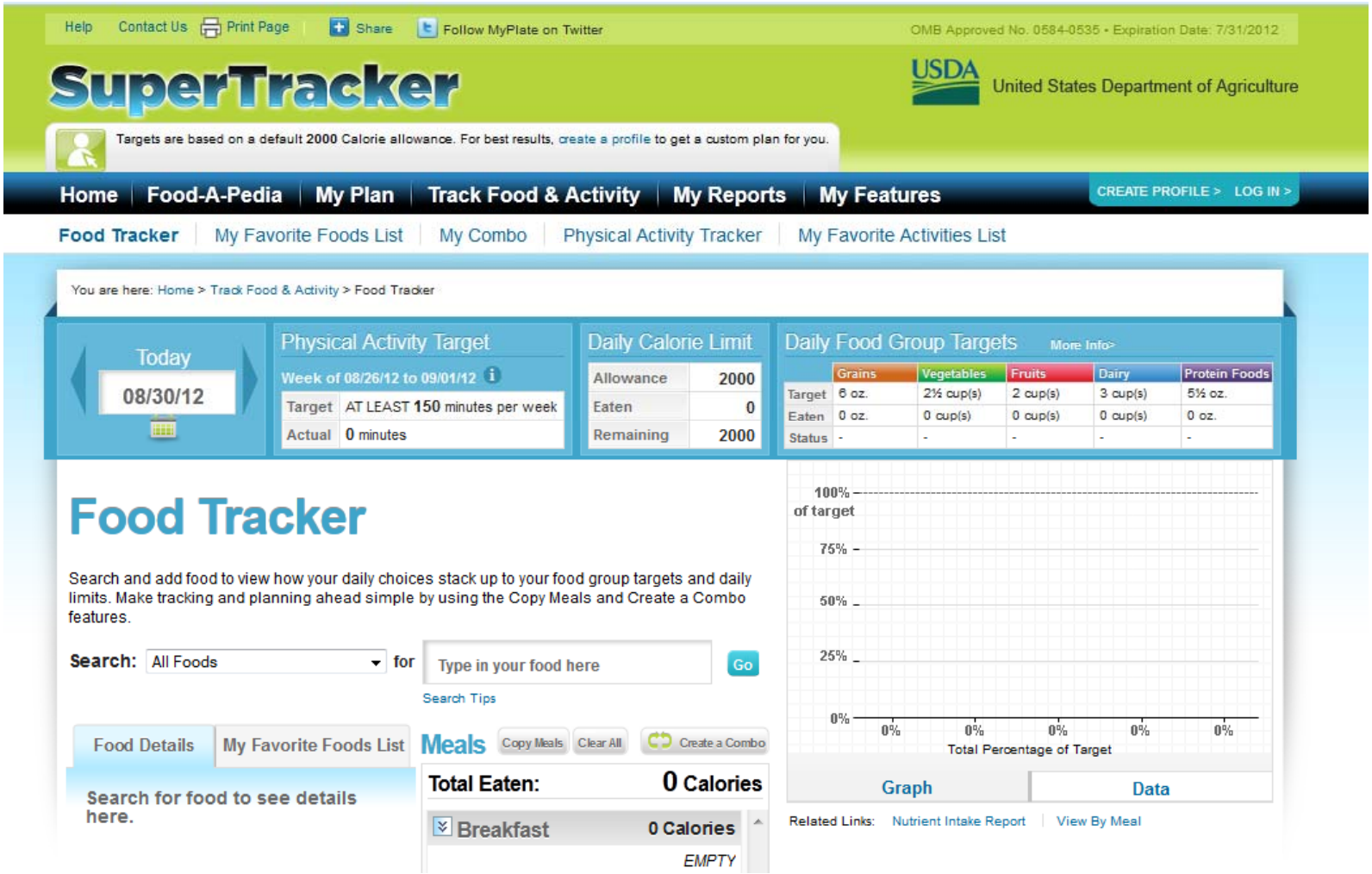
Nutrient Standard

- Send in nutrient analysis of breakfast

MATERIALS NEEDED

- Calorie and saturated fat information for all meal entrées
  - CN labels
  - Nutrient information
- Calories and saturated fat for all items prepared from scratch
  - Standardized recipes
  - If you need nutrient info for your recipes, try the USDA Supertracker: https://www.choosemyplate.gov/SuperTracker/foodtracker.aspx
- Number of planned servings for the week for all menu items
  - Production records

USDA SUPERTRACKER



STANDARDIZED RECIPE

Chicken Fajitas

Meat/Meat Alternate-Vegetable-Grains/Breads — Main Dishes — D-40

Ingredients	50 Servings Weight	50 Servings Measure	100 Servings Weight	100 Servings Measure	Directions
Vegetable stock, non-MSG		2 cups		1 qt	1. Dissolve the cornstarch in the vegetable stock.
Cornstarch		¼ cup	2 ¼ oz	½ cup	2. Heat over medium heat until thickened. Cool.
Vegetable oil		2 cups		1 qt	3. Add the oil to the cooled, thickened stock mixture.
White vinegar		2 cups		1 qt	4. Combine the vinegar, sugar, pepper, granulated garlic, chili powder, cumin, and oregano in a bowl. Whisk into the stock mixture.
Sugar	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
Ground black or white pepper		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Chili powder		2 Tbsp		¼ cup	
Ground cumin		1 ¼ tsp		2 ½ tsp	
Dried oregano		2 tsp		1 Tbsp 1 tsp	
Raw, boned, skinless chicken breast, ½" slices	9 lb		18 lb		5. Pour marinade over the sliced chicken. Marinate overnight in the refrigerator.
					6. Drain the chicken. Discard any leftover marinade.
					7. Prepare no more than 50 portions per batch. Preheat grill to 350° F. Add 9 lb of the sliced chicken and sauté about 10 minutes. Sauté remaining chicken. Remove to steamtable pan (12" x 20" x 2 ½). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
Canned liquid pack whole-kernel corn, drained OR Frozen whole-kernel corn	2 lb 2 oz OR 2 lb 4 oz	1 qt 1 cup (½ No. 10 can) OR 1 qt 2 ¼ cups	4 lb 4 oz OR 4 lb 4 oz	2 qt 2 cups (1 No. 10 can) OR 3 qt ½ cup	8. Combine corn, onions, green peppers, canned tomatoes, and salsa in pot. Cook 5 lb 8 oz (3 qt) of this mixture over low heat until vegetables are heated thoroughly, about 5 minutes. Add to cooked chicken.
*Fresh onions, diced	12 oz	2 cups	1 lb 8 oz	1 qt	
*Fresh green peppers, diced	8 oz	1 ½ cups 2 Tbsp	1 lb	3 ¼ cups	
Canned diced tomatoes, drained	1 lb	1 ¾ cups 2 Tbsp (¼ No. 10 can)	2 lb	3 ¾ cups (½ No. 10 can)	
Canned salsa	1 lb	1 ¾ cups 2 Tbsp	2 lb	3 ¾ cups	CCP: Heat to 165° F or higher for at least 15 seconds.

Chicken Fajitas

Meat/Meat Alternate-Vegetable-Grains/Breads — Main Dishes — D-40

Enriched flour tortillas, 8-inch (at least 0.9 oz each)	50 each	100 each	9. CCP: Hold for hot service at 135° F or higher. For each serving, place No. 8 scoop (⅓ cup) of filling on each tortilla. If desired, fold or roll tortilla over filling.

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	14 oz	1 lb 12 oz
Green peppers	11 oz	1 lb 6 oz

SERVING:	YIELD:	VOLUME:
1 fajita provides 2 oz equivalent meat/meat alternate, ⅛ cup of vegetable, and 1 serving of grains/breads.	**50 Servings:** about 12 lb 4 oz (filling)	**50 Servings:** about 1 gallon 2 ¼ quarts (filling)
	100 Servings: about 24 lb 8 oz (filling)	**100 Servings:** about 3 gallons 2 cups (filling)

Edited 2004

Special Tips:
1) If a grill is not available, a steam-jacketed kettle may be used to sauté the chicken.

2) Lowfat sour cream (1 Tbsp per serving) and salsa (2 Tbsp per serving) make excellent garnishes.

3) This makes an attractive lunch plate when served with Refried Beans (I-15).

Chicken Fajitas

Meat/Meat Alternate-Vegetable-Grains/Breads — Main Dishes — D-40

Nutrients Per Serving

Calories	241	**Saturated Fat**	1.41 g	**Iron**	2.11 mg
Protein	22.00 g	**Cholesterol**	51 mg	**Calcium**	54 mg
Carbohydrate	23.38 g	**Vitamin A**	240 IU	**Sodium**	284 mg
Total Fat	6.28 g	**Vitamin C**	6.7 mg	**Dietary Fiber**	1.8 g

Child Nutrition Label

Nutrition Facts: Get calories and saturated fat information here.

CN Label: Will tell you how a processed food item credits in Child Nutrition Programs.

Additional Materials to submit to OPI

- Attestation Statement
  - Districts must attest in writing that the documentation submitted for certification is representative of the ongoing meal service within the District, and that the minimum required food quantities for all meal components are available to students in every serving line.

- This form can be found with the certification tools on the USDA website. You must use the USDA form.

SUBMISSION TIMEFRAME

- The certification process starts October 1st. We are not able to accept menus from September.
- You must submit menus from the current month or the month previous.
  - Example: If you submit certification in December, you must submit menus from either December or November.

How to send materials to OPI

- OPI is still in the process of determining how schools will submit certification.
  - OPI will notify districts how to submit the tools shortly.

Example Certification Process

Example District

- District X
  - Five schools
    - 2 Elementary (K-5), Middle School (6-8), 2 High School (9-12)
  - The elementary kitchen prepares all meals.
  - The same menu is served each day at all five schools.

STEP ONE: CERTIFICATION TOOL SUBMISSION

District X submits menu certification tool to OPI on October 23rd.

- Submit four menu certification tools for meals served on October 15-19th.
  - one lunch tool for each grade group (K-5, 6-8, 9-12)
  - one breakfast tool for K-12
- Submit one attestation statement for the district.

Step two: Certification tool check

- OPI reviews the certification tool for each grade group from District X.
  - The menu certification tools submitted by District X for each meal and grade group are complete and without errors.

OPI has 60 days to approve the certification from District X (December 22nd).

Note: *The 60 day approval window begins once OPI receives a complete and error free application for certification. If the certification tool was not complete and free of errors, OPI will send District X a notification of an incomplete application. The district would then need to adjust and resubmit the certification tool.*

Step three: Approval

OPI approves the certification request from District X on December 19th which falls within the 60 day approval time frame.

STEP FOUR: 6 CENT AWARD

Since District X submitted a complete and error free application to OPI on October 23rd, the additional 6 cents is awarded for every lunch served beginning October 1st.

VALIDATION REVIEWS

How will we select validation reviews?

- All districts will submit certification materials to OPI and 25% of all districts will be randomly selected for a validation review.

WHAT WILL WE LOOK FOR?

- Do you have information posted explaining what a reimbursable meal includes at the beginning of the serving line?
  - Do kids understand what a reimbursable meal is?
  - Do kids understand offer vs serve (if applicable)?
- Do you have an accurate point of service (PoS) meal count?
- Are you following meal pattern guidelines?
  - Daily and weekly component min/max.

What will you need to have on hand?

- Production Records
- Menus
- Standardized Recipes, CN Labels

TIPS FOR A SUCCESSFUL CERTIFICATION YEAR

- Cycle menus
- Standardize all recipes
- Use up old inventory quickly
- Reimbursable salad bars
- Offering other meal options
  - Afterschool Snack
  - Expanding/starting a School Breakfast Programs

School

Meals

Improve

Learning

Environments

Additional Trainings

Training in September and October will take place on the following dates/regional areas:

Bozeman	September 6, 2012	Montana State University, Herrick Hall
Billings	September 18, 2012	Montana State University, Billings, downtown campus
Helena	September 25, 2012	Office of Public Instruction
Missoula	October 2, 2012	University of Montana, James Todd Building
Great Falls	October 18 and 19, 2012	Paris Gibson Education Center
Miles City	October 23, 2012	Miles City Community College

You must register online for any of the trainings listed above. Use the link provided below to access the registration page. You must fill out all fields on the registration form.

http://www.keysurvey.com/f/450321/1542/

OPI will provide more trainings throughout the year.

Questions?
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